

ABSTRACT

A method of providing visual indications relating to various phases of a woman's menstrual cycle and an apparatus for providing visual indications relating to various phases of a woman's menstrual cycle are provided. As many as ten different types of beads are utilized in the method and apparatus of the present invention to provide the desired visual indications. Different beads are placed on a string each day during the woman's menstrual cycle depending upon the phase of the woman's menstrual cycle and other events observed during such phases.